

Dr Curran & Partners now have the flu vaccine in stock for 2020/2021

Flu vaccine and coronavirus (COVID-19)

Flu vaccination is important because:

- if you're at higher risk from coronavirus, you're also more at risk of problems from flu
- if you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- it'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus
- If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

Changes have been made to make sure it's safe for you to have the flu vaccine at GP surgeries and pharmacies. These changes include social distancing, hand washing and wearing protective equipment. It's important to go to your appointments unless you or someone you live with has [symptoms of coronavirus](#).

We are delivering our flu vaccine programme to an expanded range of patients this year:

- All over 65's
- All patients who fall in to an at risk group due to a medical condition - See below for details.
- Healthcare workers and care home workers.
- Infants aged 2 and 3, not otherwise at risk.
- **NEW:** Patients who were 'Shielding,' and any persons who shares a residence with a shielding patient – this is a new cohort of patients for this year. If you were on the Shielded list and someone lives with you permanently who is not registered locally, please ask them to register as soon as possible so they can be vaccinated to protect you.
- **NEW:** A 50-64's programme is also planned and this group of patients are hopefully to be vaccinated in addition this year. **This will not start however until all the higher risk groups have been given the opportunity to be vaccinated to ensure that supplies are targeted to those most in need. This is also largely dependant on if there is sufficient vaccine.** Patients over 50 and not usually in an at-risk group must await further instructions from the practice. It is anticipated that this may start to be offered from November/December providing there is sufficient vaccine.

Below is a full list of all those eligible for the free flu vaccination (2020/2021):

- All children aged two to eleven (but not yet twelve) on 31 August 2020 - **Children aged 4-11 will be vaccinated at school.**
- Aged 65 years or over (including those turning 65 years by 31 March 2021)
- Aged from six months to under 65 years of age, in a clinical risk group with:
 1. Chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis
 2. Chronic heart disease, such as heart failure
 3. Chronic kidney disease at stage three, four or five
 4. Chronic liver disease
 5. Chronic neurological disease, e.g. Parkinson's or motor neurone disease

6. A learning disability
7. Diabetes
8. Splenic dysfunction or asplenia
9. A weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment)
10. Morbidly obese (defined as BMI of 40 and above)
11. All pregnant women (including those who become pregnant during flu season)
12. Household contacts of those on the NHS Shielded Patient List, or of immunocompromised individuals, specifically individuals who expect to share living accommodation with a shielded patient on most days over the winter and therefore for whom continuing close contact is unavoidable
13. People living in long-stay residential care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection and cause high morbidity and mortality. This does not include, for instance, prisons, young offender institutions, university halls of residence, or boarding schools (except where children are of primary school age or secondary school Year 7).
14. Those who are in receipt of a carer's allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.
15. Health and social care staff, employed by a registered residential care/nursing home or registered domiciliary care provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza.
16. Health and care staff, employed by a voluntary managed hospice provider, who are directly involved in the care of vulnerable patients/clients who are at increased risk from exposure to influenza.

What we ask of our patients:

When travelling to and from your appointment, please follow guidelines which include travelling on foot if possible and keeping a safe distance from others. For more details, go to www.gov.uk and search 'staying safe outside your home'.

At Dr Curran & Partners, we have put in place a range of measures to minimise the spread of infection.

We ask that when you attend our site you:

- Observe Social distancing measures
- Wear a mask or suitable face covering. Our clinicians will be dressed in appropriate PPE as well.
- Arrive on time for your appointment, but not early, and allow us a little extra time in between appointments so that we can change PPE and sanitise our hands
- You may be asked to queue outside to ensure we maintain social distance so bring an umbrella in case of bad weather.
- Do not attend if you are feeling unwell in any way

Please call the surgery on 02074116866 if eligible and book an appointment asap. If you are not eligible but want a flu vaccine you can book at participating pharmacy's.

For further information see: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>